

Gingered Vegetable Stir-Fry

Epicurious: <http://www.epicurious.com/recipes/food/views/gingered-vegetable-stir-fry-14120>

Ingredients

3 Tbsp. vegetable broth
2 Tbsp. Chinese rice wine or medium-dry sherry
1 teaspoon sugar
1 tsp. cornstarch
1 tsp. salt
¼ lb. fresh shitake mushrooms
2 Tbsp. vegetable oil
½ lb. carrots (3 medium), julienned
½ lb. Daikon (an Asian radish), julienned
½ lb. Napa cabbage, sliced thin
2 large garlic cloves, minced
2 tsp. minced peeled fresh gingerroot

Preparation

1. In a bowl, stir together, rice wine or sherry, sugar, cornstarch, and salt until combined well.
2. Cut mushroom caps into 1/8 inch thick slices.
3. Heat oil in wok.
4. Stir-fry carrots 3 minutes. Add daikon and stir-fry vegetables 2 minutes.
5. Add mushrooms, cabbage, garlic, and gingerroot and stir fry 2 minutes, or until carrots are crisp-tender.
6. Stir broth mixture and add to vegetables.

Serve over Kamut

Makes approximately 6 servings

Kamut

Ingredients

1 cup Kamut
3 Cups water

Preparation

1. Combine with water in a pot and bring to a boil.
2. Reduce heat to low, cover and simmer for about an hour, until grains are tender.